



Easy Plastic Swap-Out Guide

Reduce microplastics in your home, diet, and body — one simple swap at a time.

Home Swaps

Plastic Zip Bags →  **Silicone Reusable Bags**
(Stasher, ZipTop)

Plastic Food Containers →  **Glass or Stainless Steel Containers**
(Pyrex, Glasslock, PlanetBox)

Plastic Utensils →  **Stainless Steel, Bamboo, or Compostable Cutlery**

Synthetic Cleaning Sponges →  **Compostable Cellulose Sponges, brushes or Natural Loofah**

Polyester Cleaning Cloths →  **Organic Cotton or Hemp Cloths, Reusable Wash Cloths for cleaning, paper towels**

Plastic Laundry Basket →  **Bamboo or Woven Natural Fiber Basket**

Diet Swaps

Plastic Water Bottles →  **Glass or Stainless Steel Bottles**
(Hydro Flask, Klean Kanteen, YETI, Stanley)

Cling Wrap →  Beeswax Wraps or Fabric/Silicone Bowl Covers

Plastic Straws →  Stainless Steel, Bamboo, or Silicone Straws

Pre-Packaged Produce →  Loose Produce in Reusable Cloth or Mesh Bags

Microwave in Plastic Containers →  Reheat in Glass or Ceramic Bowls (Or Better yet, on the stove!)

Plastic K-Cups →  Reusable Stainless Steel K-Cup or French Press



Body Swaps

Plastic-Packaged Body Wash →  Bar Soap (Paper or Compostable Wrap), Soaps in glass bottles
(Ethique, Dr. Bronner's, Meow Meow Tweet)

Liquid Shampoo in Plastic →  Shampoo Bars or Aluminum/Glass-Bottled Refills

Plastic Toothbrush →  Bamboo Toothbrush with Compostable Bristles (There are compostable floss sticks too!)

Synthetic Loofah →  Natural Loofah, Konjac Sponge, or Sisal Brush

Plastic Razor →  Stainless Steel Safety Razor



Quick Tips for Every Swap

- **Start with what you use daily** — high-use items mean high-impact swaps.
- **Buy to last** — choose durable, quality replacements instead of “more stuff.”
- **Phase in gradually** — replace plastics as they wear out, rather than tossing everything at once.